USDA United States Department of Agriculture
Food and Nutrition Service

USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 01-20-12) **Visit us at** *www.fns.usda.gov/fdd*

100309 - CARROTS, CANNED, LOW SODIUM, #10

CATEGORY	• Vegetables/Fruits
PRODUCT DESCRIPTION	• U.S. Grade A carrots low sodium. Carrots are sliced or crinkle-cut and will be less than 1½ inches in diameter.
PACK / YIELD	• 6/#10 cans per case. Each can contains about 105 oz carrots and liquid. • One #10 can AP yields about 65.0 oz (9¼ cups) heated, drained carrots and provides about 37.2 ¼-cup servings heated, drained carrots OR about 70.0 oz (10¾ cups) unheated, drained carrots and provides about 43.4 ¼-cup servings unheated, drained carrots. • CN Crediting: ¼ cup heated, drained carrots OR ¼ cup unheated, drained carrots provides ¼ cup vegetable.
STORAGE	• Store unopened canned carrots in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. • Store opened canned carrots covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. • Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Carrots, canned, sliced, low sodium, drained

	¼ cup (37 g)	½ cup (73 g)
Calories	9	18
Protein	0.24 g	0.47 g
Carbohydrate	2.05 g	4.04 g
Dietary Fiber	0.6 g	1.2 g
Sugars	0.92 g	1.82 g
Total Fat	0.07 g	0.14 g
Saturated Fat	0.01 g	0.03 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.24 mg	0.48 mg
Calcium	9 mg	18 mg
Sodium	70 mg	140 mg
Magnesium	3 mg	6 mg
Potassium	66 mg	122 mg
Vitamin A	4077 IU	8154 IU
Vitamin A	206 RAE	412 RAE
Vitamin C	1.0 mg	2.0 mg
Vitamin E	0.27 mg	0.54 mg

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PREPARATION / COOKING INSTRUCTIONS	• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food. • Use a clean and sanitized can opener. • Heat carrots and serve alone or candied. Carrots will become overcooked if held too long. Schedule cooking of carrots so they will be served soon after cooking.
USES AND TIPS	• Glaze in margarine with chopped parsley (Carrots Vichy). • Dice or chop carrots and use in stews and soups for flavor. Combine cooked carrots with celery, mushrooms, beans.
FOOD SAFETY INFORMATION	• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements. • NEVER USE food from cans that are leaking, bulging, or are badly dented. • DON'T TASTE canned food with a foul odor, or that spurts liquid from the container.
BEST IF USED BY GUIDANCE	• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. • For additional information on product dating, go to page 13 of *Choice Plus Food Safety Supplement* at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in this nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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